

COOKERY

SOUND, SIMPLE, DAINTY.

BY

"GRID"

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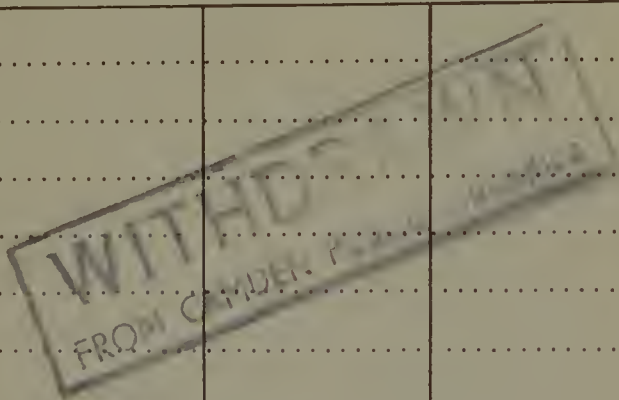
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PREFACE.



THIS little work does not pretend to give a complete list of recipes. Those to be found in it are either those necessary for explaining practically the principles I stand up for, or particularly good ones, or entirely new ones not hitherto published in this country. Those which, in my humble opinion, deserve special attention are marked \diamond in the margin.

GRID.

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COOKERY,

Sound, Simple, Dainty.

CHAPTER I.—SOUNDNESS.

‘Its own aroma each meat.’—*Lady Morgan.*

“Dis-moi ce que tu manges, je te dirai ce que tu es.”
Brillat-Savarin.

‘Do you mean to ruin us, Mr. Grid,’ said the fairest of the Fair to me the other day, ‘asking us to cook with the best butter only?’ ‘Yes, dear madam, the very best only. It might cost two or three pence more for an entrée for a party of twenty, but surely you would not wish to spoil that dish for the sake of twopence?’ What I said then in regard to butter applies to all and every material used in cooking—the best cannot be too good; and my fair reader may as well save her time, and drop this little work, if she be determined upon economy in regard to the cost of butter, meat, vegetables and what not. A good French cook would as soon dress his salad with lamp-oil as cook with any but the very best butter. I am not addressing myself to the very poor any more

than to the very rich, who, naturally, would employ an eminent French chef, sure not to be too economical in regard to the cost of things. My object is, to inspire the ladies of the well-to-do middle classes with the idea that parsimony in the kitchen is not likely to secure a good sound meal, not to speak of a dainty meal; and that such wicked things as 'kitchen-butter, cooking-chocolate, cooking-wine, and cooking-eggs' should not be allowed to enter their domain again. But, if I say 'well-to-do middle classes,' I do not, perhaps, go far enough; for, even in the most modest ranks of the middle classes, with incomes of very few hundreds a year, I have met with plain but exceedingly good fare, and, in one case, I have been told that none but the best of materials entered the house. Nothing, however, was wasted, and what was not fit for the stock-pot was turned to account, even down to potato-parings, to feed the chickens.

If excellent materials be conceded as a necessity, fairly good cooks, fairly well paid, are next in order. If intelligent, and absolutely in touch with their mistress in regard to raising the standard of cookery in the house, they will, in the course of time, become most excellent cooks. Great proficiency cannot be expected from those earning but 25*l.* or 30*l.* a year; but even they, if well treated, judiciously criticised and as judiciously praised, are capable of greater things.

Naturally, the mistress of the house should know a little something of cookery ; and she should begin by seeing to the 'plain roast 'and boiled' being properly done.

Here, however, I am pulled up by the prevailing fashion in clubs and hotels, as well as in our homes, alas, of dispensing with the good old-fashioned roasting altogether, and of baking the joints in ovens ; even the grilling being done on gas, forsooth, because it is less trouble to the cook. Indeed, a very charming, intelligent lady, blessed with thousands a year, told me recently she could not get a cook to roast in the old way. And yet money does get cooks to face a fire nowadays, in spite of all the new-fangled improvements in the way of gas stoves, gas grills, and so forth. If you, dear ladies, will put up with joints cooked in the oven and with chops grilled over gas, no wonder we men are driven to the French restaurant, where we can get an honest joint roasted *à la broche*, and a chop or a cutlet grilled on coke, or, better still, on charcoal. If soundness, not to say excellence, be your aim, you must have an open fire to roast by, and a cook who is willing to face it. Of course, there are cooks and cooks—cooks who are so perfect that they will not allow their mistress to come into the kitchen, and cooks more or less imperfect. Immediate dismissal is the only remedy for the former, unless madam be content to be a slave in her own

house.* Of the latter class there is hope, every hope if madam possess a palate and brains, a good temper and a kindly heart, because, above all, she must be on the best of terms with her cook if she wishes her to take pride and an intense interest in her profession—a profession, I take it, which is no mean one, because it is the cook who makes or mars the happiness of many a home.

And if you, my lady or good madam, have succeeded in securing that excellent Mary Jane who does take pride and an interest in her work, surely you will show her that you, too, are proud of your excellent table, and that you mean to work with her in making it more excellent still—not more gorgeous and gaudy in appearance, but simpler, better and more dainty.

If you follow my advice, you will insist upon the first principle being simplicity, each meat its own flavour, with only such condiments as will heighten its special flavour. Nutmeg, mace and similar poisons never enter my kitchen ; and borax is forbidden, too, ever since my cook mistook the borax for the icing sugar and glazed it over a *chocolate meringue*. Have

* I do not hold with Lady Morgan that fair woman was created for the purpose of cooking, but I do maintain that cooking ought to be superintended by the lady of the house, and how can she, if the cook be allowed to rule ?

no messy things, no sham French *entrées*, but *entrées*, if any, as good as they can be had anywhere.

Of course, there are ladies who have no palate and who say, 'I do not care what I eat'; so there are persons who will tell you they do not care for music; and others, they hate pictures. These are unfortunate beings to whom Providence has denied the senses of taste, hearing, or sight. Pity those to whom music, painting and sculpture are nothing; but leave all hope behind when you dine with people who possess no palate.*

As to chefs, ladies who have no palate cannot get on with them. More than once has complaint been made to me of the terrible worry with the chefs; fault was found, but the chef was left to find out why—all he was told was, the dish was wrong. Madam could not tell the reason, but *he* must know.

I must be frank with you and tell you that I am not a cook; I have never cooked, except a thing or two on a chafing-dish, but I can tell generally how a new dish I taste is made, and I can tell my cook how to do it, and correct her in her attempts to

* 'The man who pays no attention to the food that he consumes is comparable only to the pig, in whose trough the trotters of his own son, a pair of braces and a set of dominoes are equally welcome.'—*Charles Monselet*.

produce it. And so could you, dear madam, if you tried. Most things can be boiled down to a few simple principles, and the most elaborate French recipes can be simplified. All those I propose to give you, are dishes I have actually tried in my kitchen. Do not fancy I have a magnificent chef; I have only a *cordon bleu*, that excellent Mary Jane, who came to me years ago, at 30*l.* a year, supposed to be then a fair cook of the 'decorate-at-all-costs school,' and who began by diligently unlearning every single thing she had been taught. She has not repented having entered her new school, and many is the time she comes to me with an invention of her own—something simple and good, as a rule.

If you agree with me, you will avoid high seasoning; you will have all meats and fish moderately seasoned while cooking, and you will not allow soups or vegetables to be peppered in the kitchen. Any guest whose taste is that way will not be debarred the use of the casters.

Lastly, please do not criticise your cook unless you are quite sure of your point, and unless you can give chapter and verse; wholesale condemnation of a dish can only irritate without curing. On the other hand, do not hesitate to praise when a dish is a success. But let your cook see that you know what each dish was like.

Gouffé's * classical 'Livre de Cuisine' is always a good authority to refer to on knotty points, though rather antiquated. 'La Grande Cuisine,' by Salles and Montagné,† is an equally good if not a better work, and certainly simpler and more up to date. G. A. Sala's 'Thorough Good Cook'‡ is a useful book; and A. Hayward's 'Art of Dining,'§ and Theodore Child's 'Delicate Dining,'|| are charming reading; but if you have not read it, you must absolutely give a few moments to Thackeray's chapter on Great and Little Dinners, in 'Mr. Brown's Letters to his Nephew,' and his Little Dinner at Timmins' is both amusing and instructive.

With regard to the works of Gouffé and of Salles and Montagné, I do not wish to be understood as urging you to study them. I only suggest your referring to them when you are not successful with one or the other dish, and you will follow their teaching only so far as the limited resources of an ordinary household may permit.

* J. Gouffé, 'Le Livre de Cuisine.' Hachette & Co. 1888.

† 'La Grande Cuisine Illustrée, par Prosper Salles et Prosper Montagné.' Monaco, A. Chêne. 1900.

‡ G. A. Sala, 'The Thorough Good Cook.' Cassell & Co. 1895.

§ A. Hayward, 'Art of Dining.' J. Murray. 1883.

|| Theodore Child, 'Delicate Dining.' J. R. Osgood, McIlvaine & Co. 1891.

I do not propose to waste my reader's time, or the cook's muscle for the matter of that, in teaching the dishing-up, or the ornamentation of things to eat. Not very long ago it was the fashion to rig out every dish in some so-called artistic way ; it did not matter a bit what it tasted like, so long as it came as a surprise upon the hungry guest, and, of course, it was dubbed some fine-sounding French name, without being in the least like any dish known in France. Fortunately this fashion, unpleasantly suggestive of the cook's fingers, is giving signs of going out, and a good deal of attention is being given to hot plates and to serving each dish as hot as possible, preferably in the identical earthenware casserole it was cooked in, so that it may not lose any of its aroma by that hateful 'dishing-up.' And I contend that our victuals, brought to table in their simplest shape, are vastly more appetising than the cook's—even the renowned French chef's—*pièce montée*, and his silly attempts at painting and sculpture in things intended to be eaten.

Glazed earthenware casseroles or saucepans are infinitely less trouble in cleaning than metal ones ; and the soup, fish, or entrée served in them, piping hot, keep their aroma far better than if emptied into something more ornamental. And they are quite the fashion in the very best restaurants.

ROASTING, GRILLING, BOILING AND FRYING.

‘Baked meat is an abomination.’—*T. Child.*

The albumen in the meat solidifies at 212° , the boiling point of water, and thus a coat is formed, in which the juices are retained, so long as no skewers, spits or forks cut holes for the juice to run out. It follows, therefore, that in roasting or grilling before the fire, the first stage of the work should be in front of, or over a hot fire. No sensible cook would stick a fork into a joint or into a steak; not every cook, however, will tie up joints and birds in a string, greased if necessary, eschewing skewers, spits and hooks. Try the latter plan, and see whether your meat is not more juicy and tender than you ever had it before. I never knew of this plan, although well known in some few houses, until quite recently, when my attention was drawn to a recipe of Alexandre Dumas père, who, although a great novelist, was also a first-class cook. It treats of the roasting of a fowl, and I must say it is a positively delightful dish, which must be tried to be appreciated.



Roast Fowl à la Dumas.—‘Turn the head of the fowl into the body between the collar-bones. Cover up with the skin of the neck. Turn the bird over, put

into the lower orifice the liver, a small onion and a piece of butter, mixed with pepper and salt. Put the bird before the fire [a wood fire, says Dumas, but I have found the coal fire very good], hung up by its claws. Baste with a coffeecupful of cream, mixed with butter the size of an egg, and let as much of this basting as possible soak into the bird.' When well cooked the liver will be perfectly done and tender, and the bird juicy and of excellent flavour.

N.B.—I have found it impossible to get all the head into the thorax of the bird. So I cut off half of the head lengthways, push in the head and all of the neck that will go in, and tie up with *string* the flap of skin from the neck. Do not sew it up. Cook rather slowly.

◇ **How to Roast a Leg of Mutton.**—The careful cook will be sure to handle her joint before the fire in such a way, in the first stage, as to roast first all those parts not protected by the skin ; thus, with a leg of mutton, the big end should be presented to the fire for the first 10 or 15 minutes, then no juice is likely to be lost. The knuckle end will take care of itself. The leg of mutton roasted in the usual way will give half a teacupful of gravy ; roasted as above, not a teaspoonful ; therefore this way is the best, if you desire a juicy cut.

An open fire for roasting and for grilling is a *sine quâ non*. For grilling, a charcoal stove costing 5s. is

a great luxury, because charcoal develops the flavour of chops or steaks most deliciously. The fumes can easily be taken into a flue.

On the other hand, if you grill over gas, the best meat will be vapid, and without flavour unless that of the gas. Again, I say, in grilling, be sure to let the first stage of the cooking be over a fire hot enough to brown the meat rapidly. If you like the flavour, rub the grill with onion, slightly, as well as with butter.

In frying it is absolutely necessary that your dripping, lard, oil, or butter be at boiling point (and the meat, fish, etc., cold), if you do not want a greasy mess. Brillat-Savarin calls this (the heat meeting the cold) the 'surprise,' and the result is a *friture* so dry you might handle it with your fingers—and a wholesome dish as well, whereas the slovenly frying is sure to produce an indigestion.

Fried Smelts.—There are many little 'tips' to be given as to frying. For frying smelts: clarify your butter (the best of course) by melting it and letting it stand for an hour or two, then what is left on top will have clarified itself of the skim milk, salt, etc. Roll your smelts in flour, then in egg mixed with oil, and then in bread-crumbs.* Then plunge it into the

* This is one way only. Many prefer to do without the flour and to substitute milk for egg with oil. You should also try smelts fried in dripping.

boiling butter. It will come out crisp, dry and sweet. To ascertain whether your butter, dripping, lard, etc., be hot enough, put a piece of bread into it. It must come out at once brown and crisp; if not, your frying material is too cold.

For frying smelts (and for very small trout as well) I prefer butter to oil. I advise you not to be too lavish with the latter, and with egg as a binding material for the bread-crumbs; you may try milk instead. Have the crumbs very fine. Biscuit-crumbs are best.

Fried Sole.—For frying larger fish, a sole for instance (and I find a medium-sized sole the sweetest), I eschew lard, and I yield the palm by long odds to clarified dripping. Slash the sole down the middle if of a good size. Then, well fried in fiercely boiling dripping, and held before the fire for a second or two, both sides, it will be delicious. Most fried fish are better for a slight sprinkling with very fine salt after frying.

Soups.—In boiling it is necessary to bear in mind the fact already stated, *re* roasting, that the albumen in the meat coagulates at the boiling heat of water. If you begin *boiling* your soup, the savoury juices will be retained in the meat, you will have a weak soup and a tough piece of boiled meat; but if you simmer slowly, slowly, the albumen will rise to the surface as scum,

and all the flavour, the *osmazome* of the meat, will be dissolved into soup ; it will be savoury and nourishing, and the meat will be tender. Observe also that soup properly made will require very little clearing. Seeing how little the principles of producing *clean* flavoured soups are known, it is not surprising that we meet so frequently with spiced soups, or soups doctored with hot sauces or wine. A good clear soup, with vegetables, or with macaroni, Italian paste, quenelles, custard, or what not, is quite good enough to start dinner with. If you load your palate with hot and heavy things before the solids, how can you expect to enjoy them ?

Veal with beef and, also, an old hen, makes an excellent soup ; and I know of nothing better than a light Cockie-Leekie, which is very much like the French ‘Petite Marmite.’

Larks, one to each plate, are an excellent thing in clear soup.

Do not brown your meat intended for soup, and do not colour it with caramel.

The stock-pot, kept simmering on the far corner of the range, is, alas, not always the blessed institution it might be in every house. If it does exist, very little but clean cuts of meat, etc., go into it ; the scraps of meat, fowl, game, vegetables, etc., that should constitute its most valuable elements, are generally sold by the cook for far less than they are worth to you.

It would be cheaper, indeed, to ask your *cordon bleu* how much these scraps are worth to her, per month, to sell, and to make it up to her in wages. If ladies only knew what excellent results the stock-pot produces in a large house, not only in the way of soup, but in foundation for sauces and what not, they would insist upon the stock-pot at any price.

And they ought to insist upon the dripping being taken care of and used in all sorts of ways. Too often only is this most precious material sold for a song by the cook, who ought to use it for frying, for cakes, all sorts of pies and pastry, and so forth. It should be boiled, and cooled properly, and then put into the larder. When used for fish, it will improve by using ; but, of course, that once used for fish should not be used for any other purpose, a separate lot being kept for meats, and so on.

The jelly underneath the dripping is most delicious and nourishing ; I am sorry to say not many of us have even so much as seen it. It is a mouthful fit for the gods.

The dripping constitutes the wealth of the kitchen, and our well-fed beef and mutton give us abundance of it. But I know of no country in the world where this great source of wealth is so absolutely disregarded as it is in ours.

SOUNDNESS IS IMPOSSIBLE WITHOUT THE BEST OF MATERIALS.

CHAPTER II.—SIMPLICITY.

‘Great folks, if they like you, take no count of your feasts and grand preparations, and can but eat mutton like men.’—*Thackeray*.

I REGRET to say the high-class cuisine of our day is becoming more complicated every year ; every entrée is more or less worried by a multitude of materials, it goes through ever so many processes before the final dishing up, and then it is dubbed some high-sounding name, having reference to, let us say, the particular occasion, or to the hero or the beauty of the day. Time was when French cooking was simple in its way, and it still is in the provinces of France, where the traditions of the classical school still obtain ; but the ordinary traveller meets now chiefly nothing but what might be called international cooking. My advice to him is not to allow himself to be inveigled by the persuasive *maitre d'hôtel* into ordering some new-fangled dish ; much better adhere to the *old* friends you know all about.

It is an ugly fashion too, to my mind, to serve, we will say a fish, in a sauce that it has not been cooked in. That sauce is poured over the fish simply as an ornament, and when the head waiter proceeds to

divide the fish he has first to scrape away the sauce, which is not an appetising sort of proceeding, and then that much time is lost and the fish is not served as hot as it ought to be. I make it a rule to serve all sauces separately, unless the fish has been cooked in that sauce.

As to the foregoing you may agree with me more or less, perhaps not at all, but I hope you will join me in condemning absolutely that intolerable habit of serving grilled meats in a dish filled with gravy soup or, haply, an acid tomato sauce made of canned tomatoes. I cannot conceive of a more silly thing than this. To allow a well-grilled cutlet or steak to soak in any kind of sauce means to deprive it of the delicious flavour of the grill. In no first-class house or restaurant will grilled meats be served in any gravy; what little juice may run off the meat is quite sufficient, with perhaps a slice of lemon. Commend me to the excellent old fashion of serving a chop on a hot-water dish.

If you have a good thing—a fine joint, a fine bird, or a fine fish—be satisfied, and do not mess it up with condiments or accessories not necessary for bringing out the flavour.

But I urge you not to neglect using every means for developing flavour and aroma; in other words, be as dainty as you please. (See Chapter III.)

I hope simplicity may be your motto, too, in your

dining-room and in the apparel of your table. A restful room it must be; but not a sad one, like the old-fashioned sage-green rooms, made more hideous still by the modern electric light in the ceiling. That, at any rate, was a hideous innovation, and it made everyone look like a ghost with a black shadow under the eyes. Your dining-room, though restful, should be cheerful, if not gay; neither should it call the attention of your guests to the walls by the display on them of fine works of art, specially lit up by a lamp or an electric light *ad hoc*, because I hold the walls should only be a background to the, I hope, charming faces at your board. I do not mean that you are to bundle out your works of art, but I wish to see them left in half-shadow, all the light being on the dinner-table; candles, preferably, shaded with light pink or salmon colour (no dark red, if you please), and no sconces on the walls. The necessary light on your sideboard, for your major-domo, must be, of course.

Simplicity does not prevent your having all your table glass of beautiful shape and thin. (I am glad to see dirty-coloured and fanciful-shaped as well as engraved glass is going out of fashion.) Your napery I desire to be of the finest, but plainest, but I do not object to seeing fine porcelain or fayence—at all events it should be brilliant enough for you to know the plate from the table-cloth, and that is the fault of too plain china. Flowers should not obstruct the view; they

should have no scent, else you will be apt to taste it throughout the meal, and I prefer them to be of pale colours and all the leaves a *light* green. I am happy to say people have grown tired of showing you from the beginning the fruit you may be intended to eat after dinner, and the table looks all the better for its absence, as well as for that of old brocade. I like my table to be as fresh and clean-looking as ever possible, and I hate fads and 'greenery-yallery' attempts at artistic decoration.

We cannot be sufficiently thankful for the disappearance of the old fashion of at least two soups, two fish, four or more entrées, and ever so many more courses. The number of these, thank goodness, is more reasonable nowadays; but, alas, they are not always chosen with a due regard to opposition in flavour and in colour. In this latter respect the culinary might with advantage follow the painter's art. I go further, and hold that rich dishes should not follow each other in succession, because the palate gets clogged unless a 'made dish' be sandwiched between two plain ones. Your plain dishes need not necessarily be dull and unattractive; simplicity does not exclude daintiness, and, with this condition attached to every simple dish, I have found one entrée or made dish sufficient for my dinner parties. But then, you will say, that depends upon the number of your guests. Why? Can twenty persons put away a greater number

of courses than ten, per head, and is your choice so unfortunate that it may suit ten, but not twenty? If you have any regard for your cook, and for the excellence of each dish, you will be wise in limiting the number of courses, no matter how many guests you may have to provide for. They will thank you for not putting too many things before them, your cook will not be 'harried,' and your dinner probably will be a smart and a crisp one.

It is not in the richest houses that I get the best dinners. I may even say, so far as my own experience goes, the most perfect meals I have had were achieved by households of moderate means, and the very worst in the richest. Theodore Child says, '*All good cooking is the result of care, undivided attention, and love of the art.*' And I should be inclined to add, It is not sufficient for you, the wealthy, to employ a first-class chef, you must give your undivided attention to all matters concerning your table, and you should learn to love the art.

If you will make it a practice to pass your comments the next morning on every dish in last night's dinner, you will soon be able to learn the little touches which make even a plain dish a dainty one.

A lady, who has an excellent chef, and who is no mean judge of cooking herself, tells me she thinks SIMPLE COOKING THE MOST DIFFICULT, BUT THE BEST OF ALL.

CHAPTER III.—DAINTINESS.

‘Sir, RESPECT YOUR DINNER, idolise it, enjoy it thoroughly.’—*Thackeray*.

SURELY, when Providence provided for us victuals in such plentiful and attractive variety, it must have been with the intention that the feeding of the body should be a pleasurable function. So, I take it to be our duty to cook, not only thoroughly and well, but as daintily as we can, so the meal may prove a pleasure. And if it prove the latter, all the better for the digestion. Variety is an absolute condition, as a matter of course.

Dainty cooking means great attention paid to little things. It is these little things that make all the difference.

The modest beefsteak, for instance, may present itself as a most dainty dish, if cooked right. At the risk of repeating myself, in order to show how little even first principles are known, I must tell you how, some time ago, a friend boasted he knew how to cook a steak properly : he grilled it over a slow fire, and at the last minute he made the fire flare up by a dash of dripping.

Grilled Steak.—I suggested that this was just the wrong way, according to my lights, and I advised his reversing his mode of proceeding by having a hot fire, plus the flare, to begin with, and to finish off as he pleased. Well, I had the satisfaction of his coming to me with the confession that he had tried my way, and that it was much the best.

If you grill your steak, you should rub your well-heated gridiron with butter—and with onion, too, if you fancy that flavour; and you will not hurt your steak by spreading a lump of butter on it as it comes off the grill, piping hot, having previously spread coarse salt and coarse black pepper on it. In regard to the choice of cut I give the palm to a thick ‘porterhouse-steak’ (the sirloin with the undercut, or ‘filet’); next to that, the *entrecôte* (rib piece); then, to the rump-steak; and lastly to the ‘filet.’ All these should be cut thick. A porterhouse-steak, 1½ inch to 2 inches thick, well-grilled, is a dish fit for a king. If your rump-steak be a little tough put it into a ‘marinade’ of vinegar or what not; but, better still, soak it in good, sweet salad oil for half an hour to two hours. Talking of salad oil, I am painfully put in mind of the nasty, rancid oil generally met with. Have the best fresh *huile de Provence*, and think nothing of the expense.

Mutton or Lamb Cutlets.—Cutlets should be cut from the best end of the neck, and they should be

thick. Trim neatly, and serve on watercress with a lemon cut into eight pieces.

Veal Cutlets.—Our veal is not very good. If you must have veal cutlets, cut them $\frac{1}{4}$ inch, Viennese style, grill, and serve with a lump of (maître d'hôtel) butter slightly mixed with twice-washed, finely-hashed parsley; and a few drops of lemon juice, or with a sharp sauce of beef stock and pickled gherkins.

Whenever I give a dinner, I try to do it as well as ever I can. I go to the fishmonger's myself; I see what a first-class poulterer like Baily in Mount Street has to offer, either in the way of extraordinary birds or in the shape of birds in extra good condition. I ask my first-class butcher for 'Bridgwater lamb,' or, failing that, for *agneau de lait*, which he gets from Paris. You can frequently find the latter on the bill of fare of first-class restaurants like the Carlton, Prince's, or the Café Royal, and it is well enough known in this country by the name of 'House Lamb'; but there is not sufficient demand for it, not, I suppose, because of the price, but because few people know such a thing exists. Now, a visit to these tradesmen once in a while is not a great loss of time to the head of the house, whether lady or gentleman, and, without it, many a simple, desirable and dainty dish might have been passed by.

Undoubtedly, in well-fed poultry, we are far behind other countries. We ought to have as good and as fat poulardes and capons as they have in France, and I see no reason why we should not be able to raise those delicious 'Hamburg chickens,' as round as a ball and as soft as butter. They are known in Paris as *Poussins de Hambourg*. Here is a great field open to enterprising farmers, but the public, too, ought to help and increase the demand.

Those who desire to be truly dainty should NEVER BE WITHOUT :

The stockpot ;
their own dripping ;
powdered biscuit-crumbs ;
really fresh tomatoes.

And they should :

AVOID using the same knife for more than one thing ; you would not like onions to be cut by the same knife as your meat, if you do not fancy onions.

AVOID using pepper not freshly ground just before the hour of using it—better still, the minute of using—and avoid having pepper in your kitchen more than a month old.

AVOID sticking anything into meats or fowls roasting or grilling. Use tongs. Avoid cooking lemon juice in any preparation requiring a long time to cook.

AVOID imperfectly-tinned saucepans. Have them

looked over and re-tinned frequently, if you value your health. Avoid, in frying, the use of flour except for very soft-meated fish; use only the very finest bread or biscuit crumbs.

AVOID using salt not previously dried in the oven, as it will not drop as a powder, but will be apt to lie in lumps. Always dry your salt daily; and always have the same kind of salt, else you will not be sure of its strength.

AVOID placing any provisions on ice if you can possibly keep them fresh in any other way. A really good larder will keep meat for three weeks. Oil, however, should be kept on ice, and should not be allowed to stay in the house more than a week.

AVOID keeping a fat chicken in your larder for any length of time, unless you wrap it up well in a napkin with a string around it, else it will shrink up quickly.

AVOID using a cold gridiron; it should be well heated, else the meat will stick to it.

AVOID the chopping or cutting through any bone. Always saw it if you cannot find the joint, otherwise you are liable to get small splinters of bone into your dish, and these may prove dangerous to health, if not to life.

AVOID using in your kitchen any but wooden spoons; but keep them absolutely clean, boiling them after use.

AVOID using burnt onions for colouring soups, sauces, etc.

AVOID using bottled salad-dressing, and bottled sauces of any kind.

AVOID pickled gherkins ; execrable both for your digestion and for your gums.

AVOID stale fruit or vegetables. They should be of the ripest and freshest.

AVOID, as far as possible, using anything canned in tin, or even in glass.

AVOID 'cooking-butter,' 'cooking-eggs,' 'cooking-chocolate,' and in particular that poisonous stuff called 'cooking-wine,' generally innocent of the juice of the grape. Whilst I insist upon the very best in regard to the three first named, I do not, as to the wine, ask for a 'premier cru,' but for a good, honest, never mind how modest a vintage. You should provide it yourself—do not trust anybody else.

AVOID sticking any forks or skewers into the meats or the birds that you mean to grill or roast. Hang your joint on a string, not on a hook, and roast or grill just long enough, and no more.

AVOID over-cooking fish. As a rule, when the fish begins to crack it is cooked. Shell-fish are over-cooked as a rule. A lobster, when done, will come up to the surface of its own accord, and once cooked it should never go through another process of cooking—it will be hard.

Shrimps put into, and cooked *with*, the usual hateful shrimp sauce will infallibly be hard, tasteless and indigestible. Much better take them out. The proper way of making shrimp sauce is pointed out in Chapter IX.

I have more little things to tell about, but I am afraid of tiring my reader, and I hope he may find out a good many 'tips' by himself.

An exquisite palate once paid my cook the compliment that hers was the cleanest tasting food she had ever enjoyed. Messy cooking clogs the palate. Avoid it. STUDY VARIETY AND CLEAN-TASTING COOKING, AND YOU WILL FEED DAINTILY.

CHAPTER IV.—SOUPS.

The Stock-Pot.—Take all the trimmings of beef, fowl and veal, all the necks, feet, gizzards and any bones of poultry and game, also bones from roast joints ; chop all into small pieces, put it in a stock-pot, cover with cold water and let it boil ; skim, and add carrots, turnips, onions and a bunch of herbs, a few peppercorns, and salt to taste ; let all boil very slowly for 4 hours ; strain, and let it get cold ; the next day take off all the fat. If very carefully done, it will be quite clear ; if not clear enough for soup, take $\frac{1}{4}$ lb. of beef passed twice through a mincing-machine, and the whites and shells of two eggs to each quart, stir until it boils, and strain through a soup-cloth.

N.B.—All the trimmings and viands should be absolutely fresh. Eschew lamb, mutton and pork.

Cockie-Leekie Soup.—Cut up an old fowl and 1 lb. of gravy beef. Put it into an earthenware casserole and cover with 2 quarts of water ; let it come to the boil very slowly, skim well, then add one carrot cut in small pieces, one small slice of turnip,

the white part of six leeks cut into 1-inch lengths, and salt to taste ; let all simmer for 3 hours. Take out the fowl and beef, cut the white part of the fowl in neat pieces ; put this into the soup, and serve in the casserole in which it was made.

◇ **Croûte au Pot.**—Blanch and dry a small cabbage, boil it with an onion, into which you have stuck a clove, and a carrot.

Season lightly with pepper and salt, moisten with grand-bouillon, and add $\frac{3}{5}$ pint clarified chicken grease.

Leave on the fire until the cabbage is entirely cooked ; then take out the cabbage and throw it away.* It should be covered (by the bouillon and grease) by more than 5 inches.

Bake two hollow rolls, basting them with chicken grease. Add sufficient bouillon.

◇ **Petite Marmite.**—Proportions for four persons. Two lbs. of rib or knuckle of beef ; one fat fowl, well blanched and cooled ; 3 to 4 oz. carrots, in big pieces ; 2 oz. turnips, in big pieces ; 3 oz. leeks and 1 oz. celery

* I advise you to throw away the cabbage, as its odour is powerful and will pervade everything in the kitchen. A very great "gourmet" tells me his kitchen is too small not only for cabbage, but for cauliflower as well.

in small pieces ; 3 oz. cabbage, well blanched and rolled into a ball. Moisten with $2\frac{1}{2}$ quarts white bouillon. Cook $2\frac{1}{2}$ hours. Do not cook longer, else the osmazome of the meat would be lost. Throw away the cabbage.

◇ **Codfish Soup.**—Do not be afraid of it because of the name. This is a most excellent and delicious soup. Boil a codfish tail to rags in an earthenware casserole, and skim ; cool well, and cook again with vegetables (carrots, onions, etc.). Take out the bits of codfish left in the soup.

CHAPTER V.—FISH.

Shell-fish.—If you have ever tasted a lobster * boiled in my way, you will never be tempted to buy one ready boiled, which, for all you know, may be of yesterday's boiling, if not of the day before. Get a live (green) lobster and make a court-bouillon with parsley, carrots, a shallot (unless you prefer a touch of garlic), a handful of salt, and a pat of fresh butter. Let the water be absolutely boiling, then boil 15 minutes and add a claret-glass of Chablis or Marsala, and allow it to cool in the court-bouillon.

I also like the lobster served hot, its own court-bouillon strained and served in a sauce-boat.

Fifteen minutes is a good average time for boiling, but, as lobsters vary in size, it is well to observe that the fish is done as soon as it begins to float.

Lobster Salad.—If you serve the lobster in the shape of a salad, with lettuce and a little mustard and cress, do not, please, kill its flavour by a rich mayonnaise sauce. Be content with oil and vinegar,

* A crab should be cooked in the same way.

salt and pepper ; and do not let the lobster remain soaking in the mixture, but serve as soon as prepared, not forgetting to add the strained court-bouillon to the dressing. I have not the slightest doubt many an indigestion attributed to the much-maligned lobster was due to the mayonnaise sauce in which it probably was slumbering for hours before it came to table, and to other things indigestible eaten before or after.



Grilled Lobster.—This is a very popular dish in the United States, and a very innocent one, indeed. Again we are dealing, not with the boiled, but with the green lobster, cut in two lengthways.

Now, please, fair madam, do not imagine that this is a cruel way of killing it. As a matter of fact, the lobsters you buy already boiled at your fishmonger's are killed in a far less humane way, for a great number of them are put into the pot together, and they linger for many minutes, because the water, though boiling at the moment they are put into it, is chilled at once by the great mass of fish ; and I have heard it asserted that they squeal in their death struggles. Cutting it in two, commencing at the brain, kills the lobster at once ; you crack the claws, and then put it on the grill, having, of course, washed it well before cutting ; add a little butter during the process of grilling. Ten minutes will suffice if, as you ought, you had a hot fire to start with. Some

amateurs like the shell burnt to a coal, but I do not quite subscribe to this.

Of course, you have cracked the claws and joints before putting on the grill. Serve very hot, with a remoulade sauce, if you wish it. I don't!



Roast Lobster.*—Grilled lobster is good, but roast lobster is magnificent. You cut the well-washed lobster in two, lengthways, and place it on a tin or earthenware dish to roast, basting well with butter. All the rich juice and fat, lost in grilling, is saved by the pan, and makes an admirable sauce.

Roast lobster is a dish fit for a king, and I think it beats my 'G.N.' lobster by many points!

In regard both to grilled and to roast lobster, observe that the fish is done when the meat begins to leave the shell.

Curried Lobster.—Being determined not to use any fishmonger-boiled lobster, I have none but 'green' ones for a curry. Cut up the lobster; stew in its own juice and the curry 13 minutes only. Pick the meat from the shell and return to the curry when

* I am indebted to Monsieur Prosper Salles, author of 'La Grande Cuisine,' for the suggestion of this dish. When I mentioned grilled lobster to him, he modestly suggested that roast lobster was very good, too. I had no idea, till I tried, of the immense superiority of the roast shell-fish.

the latter is sufficiently reduced and ready to serve. If you desire a rich dish, add the lobster butter, as described on page 61 (crawfish butter).

The fish thus prepared ought to be exquisitely tender. If you had taken a boiled lobster it would have been hard and dry. Why cook a thing twice? Anything cooked twice *must* be hard.

◇ **Baked Lobster.**—Stew the green lobster, as above shown, shred the meat, and put back into the shells with a little of the court-bouillon (see page 30), a few bread-crumbs, and slightly bake in the oven; salamander. Serve with the lobster butter separately, or with the sauce diplomate (see page 61).

◇ **Lobster ('G.N.').**—One of the best dishes of the French cuisine is the *Homard à l'Américaine* (by the way, not at all an American dish), and there are several very excellent recipes for it. But, to my mind, it is a very inconvenient dish, even prepared for you alone, because you have to handle the shells floating in a rich sticky sauce. Therefore, I suggest the following modification:—

Having cut the green lobster up, stew it with its juice in a *mirepoix* (see Sauces, page 61); add from half a pint to a pint of good, sound, white wine. Take out the lobster after 13 minutes, pick out the meat in as large pieces as possible, keep warm in a

well-heated dish. When the mirepoix is sufficiently reduced, and thickened, only if necessary, with flour or egg, place a boiled head (shell) of lobster upright in the dish, and pour over the meat arranged around the mirepoix, and over that again the lobster butter.

French authorities give 20 to 40 minutes as the proper time for stewing this fish. My own experience is that 13 to 14 minutes suffice to cook it, and I am against cooking any longer than is absolutely necessary.

Crawfish (Ecrevisses).—These, too, are generally overcooked. Let the court-bouillon of aniseed, carrots, and a little white or red wine (or none), be well on the boil before you plunge the fish into the kettle. Have a red-hot poker ready, and keep stirring all the time. One minute will do the trick.

They are much better served hot than cold.

The best can be procured at 81 Wigmore Street.

Crab, Grilled.—Parboil it, then take out all the inside; put back part of the white meat and all the yellow fat, a glass of sherry, salt and pepper, and a tablespoonful of butter. Put on the grill, and keep stirring for 5 minutes.

Oysters au Gratin.—Good sized oysters preferred. Put them into the deep shell; salt and pepper, a lump of butter, finely chopped parsley, a very few fine

crumbs ; put into the oven, and finish with a drop of lemon juice.

Stewed Oysters.—Put butter, milk, finely minced shallots, broken ‘Boston crackers,’* or ‘captains,’ or water biscuits, with the oysters, pepper and salt and a pinch of cayenne, into the stew-pan. Only just cook the oysters. Best on the ‘chafing-dish,’ over a spirit-lamp.

Whiting.—There are more ways of cooking fish than can well be described in any book, but variety can easily be had by simple means. One of the daintiest of fish is the whiting, usually served fried. *Au gratin*, with a few mushrooms, chopped chives and parsley, this fish is delicious ; also cooked with a sauce of mussels (with the mussels taken out), with or without mushrooms, or simply grilled with a bit of lobster- or crawfish-butter on top. *À la russe*, or *à la marchande de poisson*—the sole is preferable to the whiting cooked in these two ways.

If grilled, mind they taste of the fire. Season them as they cook.

If fried, powder with fine salt before serving, and let them be served dry and hot.

* To be had at the American grocers, Jackson and Co., Piccadilly.

If *au gratin*, or stewed, use the juice of the fish as much as possible ; whole peppers and a bit of bay-leaf, with a lump of butter or a slice of lemon will often be all you require. A cutlet of salmon or cod roasted in this way is delicious.

Always, *au gratin*, cover the fish with buttered paper.

If boiled or stewed in court-bouillon, observe that greater flavour is obtained if you put your fish into a ready-made court-bouillon, of which I give several recipes (from Salles and Montagné) below. All these I have tried in my own kitchen.

Whiting au Gratin.—Bone the fish, cook in an earthenware dish in the oven, with not too finely chopped mushrooms, chives, parsley, pepper, salt and butter.

Sole Fishwife fashion, Marchande de poisson, or Sole Sans Façon.—Cover a flat fish-saucepan of earthenware with sliced onion, butter, bunches of parsley, and have enough fresh court-bouillon to cover the fish ; put into oven. When the fish begins to crack, put over the fish mixed pepper and salt and bread-crumbs, also half a glass of white wine ; leave 2 minutes in the oven, cover and serve.

Soles with Oil Butter.—I prefer a medium size of this fish, whereas I like the largest size of smelts—

especially large if I mean to grill them—and whittings I prefer also of medium size. For both boiled sole and boiled whiting an excellent and ready sauce is oil butter, with a little finely chopped parsley. A slight sprinkling of chopped chives will not be amiss. Boiled potatoes should be served with this sauce.

Red Mullet.—Medium size preferred. Grill or bake, having wrapped the fish in foolscap paper (kitchen paper breaks), with shallot, parsley, mignonette pepper, butter, and a squeeze of lemon juice.

Sole Portugaise.—Reduce the tomatoes separately, and cook the fish with the tomatoes, meat stock, sweet herbs and onions.

◇ **Sole Dubois.**—Cut the fish into gudgeon shapes ; make a sauce with butter, parsley and a spoonful of lemon juice ; sautez the sole in butter, piece by piece. Have a hot casserole all ready, and drop them into it. Keep the casserole always covered up, and serve in the hot casserole.

Sole à la Russe.—Barely cover the sole with stock (either fish or meat stock), put carrots and other vegetables under the sole and on top, and cook in an earthenware dish.

- ◇ **Sole Bercy.**—Cook the sole with vegetables cut up in some court-bouillon with butter.
- ◇ **Sole Dugléré.**—Cook in an earthenware dish with onion juice, butter, and tomatoes previously deprived of their juice ; or you may cook the sole with Hollandaise sauce and a little tomato ; finally, add a few small pieces of butter, and salamander.
- ◇ **Sole Meunière.**—Cut a lemon in two, dip in salt and rub your sole in it, both sides ; pepper, and roll it in flour. Put it into the oven, with a spoonful or two of oil butter. Cook in a moderate heat ; serve on a burning hot dish, with hashed parsley and a few drops of lemon juice. The butter in which the fish was cooked to be thrown over it burning hot.
- ◇ **Sole Colbert.**—Fry the sole with a big slash, well opened, down the centre. Just before serving put maître d'hotel butter into it.

Whiting à l'Anglaise.—Split the fish, take out the bones, salt and pepper, and dust with the finest bread or biscuit crumbs. Flatten, and cook in oil butter. Baste while cooking ; and, on serving, pour two or three spoonfuls of maître d'hotel butter slightly melted over it.

CHAPTER VI.—EGGS.

◇ Eggs on the plate, with Oysters, with Mushrooms. *Pommes Georgette*.—No end of dainty dishes can be made with eggs, and the simplest are generally the best. Eggs on the plate, see below, cooked with a few oysters or with button mushrooms (these mushrooms* to be gills up, with a small lump of butter in each, cooking no longer than the eggs), are as excellent as they are simple and easy to do ; and another good dish for luncheon is *pommes Georgette*—big potatoes baked in the oven ; a flap cut half off the top, and the potato scooped out to within half an inch. Fill with lightly-cooked buttered eggs (they must be absolutely soft) ; at the last moment pop in a few peeled shrimps, or a few small pieces of boiled ham, close the flap, and serve.

If you wish to be more luxurious, put in bits of fresh boiled lobster (or crawfish), with a very little of lobster or crawfish butter. This butter will keep well in bottles, and is often a great addition to either fish or fowl.

* When I speak of mushrooms or of truffles, I mean always the fresh fungus, not the preserved.

Instead of cooking eggs on the plate or in a large shallow dish (always cooked on the stove), you may cook them more evenly in small pots to hold one egg only ('cocottes'); put these into a 'bain-marie,' with just enough boiling water to come to nearly the top edge of the 'cocotte,' then put into the oven, and you will find your egg evenly cooked and as soft as you please, and *it will not go on cooking* after taking out of the oven.

I do not like eggs fried with bacon; they are greasy, and not easily digested.

Eggs on the plate (Œufs sur le Plat).—Put a little butter into an earthenware dish or small pot ('cocotte'), and cook the eggs no longer than absolutely required to set the white. Serve quickly, as they will go on cooking in the pot, unless cooked in the 'bain-marie' as above.

A few peeled shrimps thrown over the eggs as soon as cooked, or a few slices of Brunswick sausage, are very good, and so are these eggs *au beurre noir* cooked with butter and a little vinegar. An inventive cook will get no end of variety out of eggs on the plate, and also out of

Scrambled (or Buttered) Eggs.—Keep stirring the eggs in the previously-melted butter, and take them off the fire while still in a liquid state. The usual hard

solid mess is hateful. You may play a variety of tunes on scrambled eggs, with garnishes such as shrimps, crawfish tails and claws, asparagus heads; mushrooms, thick beef gravy.

Eggs boiled $3\frac{1}{2}$ minutes, the whites just set and the yolks liquid (freed from the shells), are excellent with 'béchamel' (white stock) and chopped mushrooms or peeled shrimps. I prefer this style to eggs *à la poulette*.

Omelette with Onions.—Slice the onions, and fry them dry in a saucepan some time before cooking the omelette; the same dish with scrambled eggs. Should always be soft and almost liquid. A little cream with the eggs is preferred by many.

Scrambled Eggs and Tomatoes.—Buttered eggs, covered with pieces of tomato grilled. The tomatoes should not be cut but pulled into pieces.

Eggs Béchamel.—Poach the eggs, and serve with béchamel sauce.

Eggs Soubise.—Poached or boiled, and the shell off; serve with a purée of onions.

Egg and Tomatoes.—Take a large tomato, scoop it out; a little cayenne pepper, salt and butter; break

an egg into it, and put it into the oven until set, and no longer. The egg should be soft when served.

Eggs Sans Gêne.—Poached on artichoke bottoms. Put a piece of marrow on the top, and cover with Bordelaise sauce.

Eggs on the plate with Herbs and Tomatoes.—Strew finely hashed parsley and chives and tomatoes, cut into small strips, over your eggs after they have fairly set.

Cold Eggs with Jelly.—Boil them long enough to set the white. Peel, and let them get cold. Serve with strong chicken or beef jelly.

Cold Eggs.—Boil them hard ; cut in two, lengthways, when cold. Take out the yolk, mix it with sweet herbs, or with shrimps, or with olives, or with anything you may fancy, and fill up the whites again. Serve with béchamel sauce, or with any sauce that may suit the mixture.

Eggs en Cocotte Portugaise.—Butter the cocottes, break the eggs into them, and put into each a spoonful of *confiture de tomates*. Cook in the bain-marie.

◇ **Eggs à la d'Orsay.**—On a tartlet (thin paste), hollowed out to receive one poached egg, a ragoût of

shrimps (better peeled shrimps), then a poached egg. Cover with Diplomate sauce or Nantua sauce ; or you may place the peeled shrimps around the tartlet.

Eggs en Cocotte à la Romaine.—Butter the dish, or the cocotte, and garnish with a spoonful of spinach cooked in butter with a little anchovy. Break in the eggs, strew with grated Parmesan, and cook in the bain-marie.

◇ **Eggs on the plate Omer Pacha.**—Hashed Spanish onions melted in butter ; break in the eggs, strew grated Parmesan cheese over them ; cook.

Most of these recipes are equally good for omelettes, eggs on the plate, or scrambled eggs ; and you can easily ring the changes on them, if you do not invent new egg dishes yourself—I hope you will.

CHAPTER VII.—ENTRÉES.

THESE should be very good indeed, very tasty without being messy—otherwise better have none. Preparations of chicken breasts or quenelles are apt to be vapid, unless with some very taking sauce (please do not think of having the usual preserved tomato horror). Sweet red peppers, grilled mushrooms, or lobster—or crawfish—butter, or a sauce made of either and the crawfish claws or tails (without their shells), make a capital garnish.

Foie Gras.—If you have foie gras, do not buy a cheap terrine, but have the best, and do not serve foie gras in summer, when it is out of season.

Potted Foie Gras.—It is very easy to have fresh goose livers with fresh truffles potted at home.* You have only to wash and brush the truffles and put them with the liver into the earthenware pot, which you put, shut up, into a large saucepan (bain-marie) filled

* Benoist, 36 Piccadilly, has the best truffles and goose livers.

with hot water. If the goose livers do not furnish sufficient fat for filling up the pot, fill up with forced meat, and put lard on top. Steam them, and serve cold in the identical pot or small tureen.

◇ **Mousse de Foie Gras.**—This is a little more elaborate. Pound the fresh goose liver in a mortar, and whip it up with champagne. Wash and brush a large truffle. Put the liver into an earthenware (glazed) pot, and the truffle on top, in the centre. Steam in the bain-marie, turn it out of the mould, and serve with aspic jelly.

I am aware that this entrée is frequently made with cream instead of champagne; I have even tasted canned goose livers whipped up with cream (and I am afraid this dish generally takes the latter cheap and nasty form); but I do not think cream and goose livers, not the best and freshest, marry well. Give me the cleaner tasting champagne-whipped livers.*

Sweetbreads.—The usual thing, you know, is the fried sweetbread with an acid tomato sauce. No, thank you; I recommend you to blanch your sweetbreads, cut them into round flat slices, and

* Salles et Montagné, p. 375, give a very excellent recipe for '*Mousse de Foie gras à la Gelée*' or '*Parfait de Foie Gras*,' but it is a little too elaborate for the purposes of this book.

grill them. Serve with *Sauce diplomate* (see page 61).^{*} Failing this, serve with small grilled or baked mushrooms.

Cold Lamb Cutlets.—A good neck of lamb, rather underdone, glazed with aspic jelly. Cut into cutlets, and cover each with a mixture of aspic jelly and vegetables, such as carrots, string beans, etc.

Calf's Head.—Choose a fat, white head, bone it and cut it in two; take out out the brains and tongue, put the latter on a plate, the brains into fresh water. Cut the two halves into three pieces each, those of the ear to be cut square; blanch twenty minutes in sufficient water, rinse and cool. Make a blanch as follows:—Put 5 oz. of flour, 4 quarts of water, 3½ oz. of onions, 1 bunch of herbs, 1 clove of garlic, 3 cloves, 1 pint of vinegar, 1½ oz. of salt, ¾ oz. pepper. Stir with a wooden spoon; as soon as it boils, put in the head and the tongue, cook on the stove for 2½ hours in the stewpan, with a stout piece of paper over it. When it is done, skin the tongue, split it in halves, fold a napkin on an oval

^{*} Better still, serve with crawfish butter, thickened. I always find the simplest thing the best. The introduction of chicken and other stock into 'Diplomate' and 'Nantua' sauces only helps to mix up the flavour without helping the general effect. Crawfish tails, as a garnish, cannot hurt.

dish, arrange the pieces neatly, and serve garnished with parsley, and in a sauceboat serve oil and vinegar, and on a plate chopped parsley, chives and capers.

◇ **Timbale.**—When you have a *pâté de foie gras en croûte*, the empty crust will make an excellent *timbale* once, or even twice ; the flavour of the *pâté* being left in the crust,* it will pervade the *timbale*.

Take a small teacupful each, of macaroni boiled till tender, breast of chicken, sweetbreads, button mushrooms, and half the quantity of ham. Cut all into small square pieces. Mix with half a pint of *Velouté* sauce, pour into a *pâté croûte*. Bake in a moderate oven for one hour.

Hams.—To cook American hams (sugar cured), soak the ham, skin down, at least 48 hours in ten to twelve gallons of cold water, changing the water every twelve hours ; then put it into ten or twelve gallons of boiling water, and boil three or four hours ; the ham will turn skin up when it is cooked. Let it cool in the water it has been boiled in, take the skin off, but do not tear the fat, and glaze with brown sugar ; pour a glass of sherry over it, put into the oven for one hour, and glaze.

* For this reason many prefer the *terrine* to the *pâté en croûte*.—GRID.

◇ **Beef à la Mode.**—Bone a piece of sirloin of beef, about 6 or 8 lbs. ; lard right through the lean parts with strips of fat bacon about $\frac{1}{2}$ inch square ; set it in a saucepan (after binding it round with tape), and moisten with 2 wineglassfuls of sherry and 2 of brandy, $\frac{1}{2}$ pint of good brown stock, and an ounce of glaze ; add pepper and salt to taste ; let it simmer $2\frac{1}{2}$ hours ; then put in $1\frac{1}{2}$ dozen small onions, with the same quantity of carrots and turnips cut the size and shape of the onions ; let all boil gently an hour longer, when the gravy should be thick and the vegetables glazed. This dish is at least equally good cold.

◇ **Pressed Beef.**—Chop up two onions and a sprig of fresh parsley ; fry a delicate brown, with as little butter or beef dripping as possible, in the pan you intend to cook the beef in ; add to the fried onions 3 pints of water. Pound in a mortar : 1 tablespoonful of salt, 1 tablespoonful of celery seed, a pinch of herbs, and as many whole peppers as you like ; add these to the onions and stir with a wooden spoon ; cover close, and let it boil for $\frac{1}{2}$ an hour ; then add a small wineglassful of Tarragon vinegar and the sirloin of beef (or any part you may prefer), which should weigh about 6 lbs., and a calf's foot chopped up in small pieces and put round the beef ; cover the top of the beef with scraped horse-radish and six or eight fresh

tomatoes ; bring all to the boil, then draw the pan away from the fire to the side of the stove, and let the contents simmer until you can remove the bones from the beef. Put the beef while hot into a mould, or press it in any way that is convenient ; strain the gravy, remove all fat when cold ; it will be a thick jelly, it will not be clear, but it has a nice flavour and tastes much fresher if let alone. Put the jelly over or around the beef as you please.

◇ **Chicken Sauté Bordelaise.***—*Sautez* the chicken with half butter and half oil in an earthenware casserole ; reduce with white wine and brown chicken stock with tomato paste ; before serving put in quarters of artichokes cooked in butter, a point of garlic indispensable ; the stock should be rather fat. Garnishes : potatoes cut small and sautés in butter, fried parsley, onions cut in bands and fried.

◇ **Chicken Parmentier.**—A fat chicken cut into pieces, put into an earthenware casserole with a little butter ; cook slowly half-an-hour. If after that the sauce is not rich and thick, add a little double stock or glaze. Cut potatoes the shape of big olives, fry them, and drop them into the casserole just before serving, or (which I prefer) serve the potatoes separately.

* **Chicken entrées** should all be cooked very slowly. Fat chickens preferred, as a rule.

Chicken Beaulieu.—Cook like the Parmentier chicken, with globe artichokes cut into quarters, and olives.

Chicken with Onions.—Fry your onions first, then stew in earthenware casserole as in the Parmentier chicken.

Chicken Bonne Femme.—Stew the chicken in an earthenware casserole, with sliced onions and vegetables and bacon in meat stock. Or, instead of sliced onions, use button onions previously fried. If sliced onions be used, they should be stewed to a jelly, but the chicken should not cook quite so long.

Chicken with Onions.—Blanch button onions, and cook in earthenware casserole with the chicken.

CHAPTER VIII.—VEGETABLES.

COOK all green vegetables in plenty of boiling water, with salt and a little bicarbonate of soda. I use a little bicarbonate of soda with all green vegetables, to soften the water.

It is astonishing to me how difficult it is to procure really fresh and young vegetables; and this applies in particular to peas. They are, as a rule, stale, overgrown, and only fit for cattle. On the Continent, anywhere almost, you can buy fresh green peas of the smallest size, tender and sweet, and melting on the palate when cooked. These, even the French prefer to cook *à l'anglaise*, that is to say, simply in water, and with a lump of butter on top as soon as cooked. Only when not quite fresh do they indulge in stewing them *à la française* or *à la bonne femme* (page 54).

As regards size, it is easier to procure small broad beans than small peas. Indeed, I have had great difficulty in making my own gardeners gather them for me young enough. Everybody seems to be content to eat peas over-ripe and fit for cattle only. Peas such as grace—or disgrace—

British tables would not be tolerated on the Continent.

Broad Beans.—Broad beans are best stewed with a little butter and cream, and a very little finely-hashed parsley; but the beans should not be much bigger than full-grown marrowfat peas.

String Beans.—String beans should be carefully cleaned of the strings. Kitchenmaids *will* be careless about this. A little butter, after drying them on a cloth; then warm up again, or stew them with a little cream.

Sweet Peppers.—Sweet red peppers or green peppers stuffed are excellent; but they must be fresh from the green-house, not canned.

Potatoes.—I prefer them to be mealy, and so I put them into *cold* water, boil up quickly, and give them a good shaking in the pot when done. I also like them baked or boiled in their ‘jackets.’

Scrape, rather than peel, your potato. The best of the flavour is in the skin. Put into tepid water frequently while scraping.

They should be taken off the fire when the fork will go half-way through them; then pour off *all* the water, throw into the pot a clean napkin, and leave them by the side of the fire until the fork will go through them (in about 2 minutes).

Potato Chips.—Potato chips should be carefully fried; I mean they should be without grease, and fit to be eaten with one's fingers.

Stewed Cucumber, Chicory, Lettuce, and Celery are improved by a meat-stock sauce.

Giant Asparagus should be cut of equal lengths and boiled, standing up with nearly 2 inches of the heads out of the water, for 30 to 40 minutes. The stalks will be soft, the heads will be perfectly steamed and not likely to drop off. This is Sir H. Thompson's recipe, and a most excellent one it is.

There are many sauces for asparagus; the principal ones are Hollandaise, or oil butter with fried fine bread-crumbs, or oil with vinegar (or lemon juice) with salt and pepper. I prefer asparagus without sauces, and I eat them with a little salt only.

Indian Corn can now be had in the season in Covent Garden Market, and in various other places, in the cob, as in America, and it is a most delicious and nourishing vegetable. It requires only a few minutes' cooking, and is eaten with butter off the cob. If you have a garden, better grow your own Indian corn. Directions for growing can be had from the seedsmen, but I should advise manure to be used liberally, and, when the climate is unkind, plant your

seeds in pots and place them in the vineries in the month of May, hardening them off when the weather is fairly warm. The best varieties for this climate I have found to be 'Early Crosby,' 'Farquhar's First Sugar,' and 'Farquhar's Banana,' but the first two are the most reliable.

Fried Onions.—Blanch some button onions, roll them in flour, then in beaten egg and in fresh white bread-crumbs, drop them into hot dripping. When cooked they will float.

Peas Bonne Femme.—Small green peas cooked with lettuce and with a small onion.

Peas à la Française.—As above, only without the lettuce.

Cauliflower.—Trim and boil a nice firm cauliflower in the usual way, and serve with tomato butter made thus :—

Tear three or four tomatoes in pieces, put them into a saucepan with a slice of onion, parsley and a few peppercorns; let them boil quite dry, then pass through a sieve; add a piece of butter, glaze, a pinch of salt; warm up and pour over the cauliflower.

Oil butter and fried bread-crumbs also make a good sauce for cauliflower.

◇ **Potatoes Château.**—Peel twelve medium-sized potatoes, cut them into quarters, round off the sharp edges, blanch in salted water, and drain. Put 2 oz. clarified butter in a sauté-pan ; when hot, place in the potatoes, toss them over the fire for a few minutes, then put in the oven and bake for 20 minutes. When finished they should be crisp and of a nice golden colour. Drain on a cloth or paper, sprinkle with a little chopped parsley and salt, dish up in a pile, and serve hot.*

Fungi.—The ordinary mushroom is generally over-cooked. I prefer the smaller sizes with pink gills to the big black-gilled mushrooms, and I do little more than heat them well enough to produce a little gravy, after having seasoned them with salt and pepper, and having put a lump of fresh butter into each. A good many like them stewed with cream, but the full mushroom aroma comes to me cleaner in the above-named way.

Unfortunately many excellent edible fungi are given the go-by for lack of knowledge. I am sorry my own extends as yet to two varieties only, besides the well-known kind. The *Chanterelle*, which requires a good deal of softening in milk, for say 12 hours,

* I owe this excellent recipe to the pages of *Truth*.—GRID.

and then, stewed in butter, gives a fairly good result, and makes an excellent sauce. The second is the *edible boletus*, found in the pine woods of Sussex, and, for all I know, in many other places in the United Kingdom. It is the king of the fungi tribe; delicious and tender, cut in slices and fried in oil, or *à la bordelaise*, as the French serve this fungus, which they call *cèpes*.* But with them it is rarely to be had fresh; it is generally dried and preserved.

Preserved mushrooms I abhor, because they only taste of the vinegar they are preserved in. I warn you against purées of mushrooms or of truffles; either are better in big than they are in small slices.

Purée of String Beans.—Excellent.

Potatoes Soufflées.—Waxy kidney potatoes. Cut them, the flat sides down, into thin slices, all of the same size. Fry them in boiling dripping. Take them out (with pincers, never touch them with a fork), let them cool a little, and then fry them once more. They should be of a fine golden colour.

Boiled Rice should be taken off the fire when not *quite* cooked, cover with a napkin, and then put on the pot-cover.

* The German *Steinpilz*.

Spinach is the most perishable of green vegetables, and it does not bear transportation. When not quite fresh the leaves will shrivel up. Cook it, if fresh, whole ; or as a purée, with or without butter.

Haricot Beans.—Soak in cold water, for at least 12 hours, 1 lb. haricot beans ; put them in a casserole, and cover them with cold water, with some bones of roast beef, a small piece of raw ham or bacon, 1 onion, and salt. Let them boil for 5 hours, adding stock from time to time to keep the beans covered. Before serving, take out the bones and stir in a lump of fresh butter.

◇ **Persillade of Onions.***—Blanch, then quarter, and then thinly slice a large Spanish onion ; put it lightly into a dish ; strew it over with shred parsley, pepper, salt and lemon juice ; add fresh butter, in pieces ; moisten with sufficient gravy ; sift rasped toast upon it ; place it in a moderately hot oven, and bake for half an hour. Serve in the dish in which it was cooked.

Rice with Tomatoes.—Blanch 2 teacupfuls of

* I found this recipe, and several others worth trying, in a capital little sixpenny book : 'Onions Dressed and Served in a Hundred Different Ways,' by Georgiana Hill. George Routledge and Sons. 1867.

Italian rice, wash in cold water, then 2 tablespoonfuls of tomato sauce, a piece of butter, and cover with stock and a little salt. Boil half an hour.

Rice with Grated Cheese.—Wash the rice as above, add a piece of glaze, 3 spoonfuls of grated cheese, cover with stock, a little salt, and a piece of butter. Boil half an hour.

While I condemn, as a rule, things out of season, whether fruit or vegetables (and I must say immature fruit gives very little pleasure or profit to anybody except the fruiterer), while I urge you to have vegetables only when in season, I must confess to a weakness for asparagus in mid-winter. Those sent over from France are very excellent. Well cooked and served on a napkin, with a good Hollandaise sauce served separately, they make a capital dish after the joint, if you do not mind the expense—though it may not exceed that of some very absurd and highly-ornamented entrée.

CHAPTER IX.—SAUCES.

OF Sauces I will endeavour to say as little as possible, since we do not attempt the *grande cuisine*, or *cuisine classique*, the sauces of which are too complicated and too expensive for any ordinary household. But we must discuss a few simple ones, and we must also say a word about thickening and glaze.

Glaze.—If the contents of your stock-pot do not, as they ought to do, furnish ample material for the bases of your sauces, have some glaze ready for use. Take thick veal cutlets, reduce with carrots, onions and peppercorns, little or no salt ; reduce all day ; strain. (Can be procured at Benoist's, in Piccadilly.) Thickening with flour and water, or flour and milk, or flour and stock, should be prepared on the fire, passed through a tammy, and stirred for 5 minutes with a wooden spoon while pouring into the sauce. Thickening with butter and flour (*roux*) is prepared on a low fire until a light brown, and then poured into the sauce on a brisk fire until it boils. Then put aside, let it simmer 1 hour, and skim. Thickening with egg is done after the sauce has been taken

off the fire, and cooked at least 2 minutes, otherwise it turns when the eggs are put into it.

Thicken with butter only on taking sauces (or vegetables) off the fire when ready to serve.

Since drawn butter (the French *sauce blanche*) enters so largely into our British bills of fare, I may as well state the reason why it is so frequently a failure, tasting oftener like paste than like butter.

Gouffé explains—and it may be a sorry comfort for you to know that similar complaints exist in France—that the first reason is the insufficient quantity of butter, the proper proportion being 3 of the former to 1 of flour; and the second the putting all the materials into the pot together, instead of first mixing, with the seasoning, 1 of butter and 1 of flour, stirring with a wooden spoon till boiling, then adding the remaining 2 of butter, taking off the fire, and allowing the butter to melt.

Hollandaise Sauce.*—Four yolks of eggs, the juice of 1 lemon, a small $\frac{1}{2}$ lb. of perfectly fresh butter, 1 tablespoonful of cold water; put all into a saucepan, over a brisk fire, and whip until it is thick. It will curdle if allowed to boil.

* The old-fashioned way of making this sauce by gradually mixing the ingredients is very tedious, and the above is just as good.

Never put Sauce Hollandaise into a hot sauce-boat, it is sure to turn. Use a wooden spoon or a whisk.

Mirepoix is a basis for brown sauces. Brown in a stew-pan with 3 oz. of butter, 1 lb. of uncooked ham and $\frac{1}{2}$ lb. of fat bacon, all cut into small pieces. Slice 2 onions, 2 carrots, and 2 shallots, and add a couple of bay-leaves, a bunch of parsley, a sprig or two of thyme, also a dozen peppercorns, bruised. Substitute, if you like, the allspice above-named for the herbs. When slightly coloured, pour in 2 quarts of good veal stock and a bottle of light wine. Boil and strain after simmering 2 hours.

Sauce Diplomate.—Pour into a casserole a quantity (about a pint) of good béchamel sauce (white stock); embody with it gradually, and always stirring, just as you do with the Hollandaise sauce, about $\frac{1}{2}$ lb. of good butter; finish with a good lump of crawfish or lobster butter, and a pinch of cayenne.

Sauce Soubise is a purée of white onions with white stock. Excellent with cutlets.

Crawfish, Shrimp, or Lobster Butter.—Pound the shells with all the fat and such meat as may have been inside of them, and stew with a little butter.

The rich fat or butter will rise very soon. I do not recommend you stewing these shells, as some authorities do. Gouffé says 1 hour. I think I get purer flavour by 5 to 10 minutes' stewing than by an hour.

'Rough and Ready' Sauces.—A very simple and toothsome sauce is very quickly procurable by frying a shallot with a little butter, adding a little meat glaze, a teaspoonful or two of water, and a little vinegar, or a few drops of lemon juice. Excellent with veal cutlets. Another consists of tomatoes and shallots, cut up and put into a stewpan with a little butter and parsley and glaze. Pass through a sieve. No thickening required for either of these sauces if properly made.

Use no thickening for any sauce if you can possibly do without. It may give consistency, but rarely adds to the flavour of the sauce.

Sauce Béarnaise.—Whisk $\frac{1}{2}$ lb. of butter with the yolks of 2 eggs; by degrees add a little salt, chopped tarragon, and a spoonful of vinegar.

I cannot leave the subject of sauces without referring to the more than frequent cases of failure of shrimp and lobster sauce. The reason of their tasting like paste is that they are, alas, prepared too

often with the vilest 'drawn butter,' and that the shrimps and lobster are overcooked. Good drawn butter, with good white stock, with the lobster or shrimps just warmed and no more, will produce excellent results. I prefer not to flavour shrimp sauce with anchovy; properly prepared it does not need any extra flavouring. Green lobster, again, makes a much better lobster sauce than the boiled lobster.

Confiture de Tomates: Tomato Paste.—This is not to be confounded with tomato sauce; it is prepared by passing 4 or 6 lbs. of raw tomatoes, without pips, through the tammy. This pulp is cooked until it becomes sirupy. Pass through double muslin.

N.B. This *confiture* is excellent, because it gives brown sauces great flavour and brilliancy. It is precious also for finishing American or Bordelaise sauces.

CHAPTER X.—GAME.

◇ **Pheasant à la Dumas.**—Excepting only their excellent cockie-leekie soup, the cookery of the Scòtch does not excite my enthusiasm—not even their renowned ‘haggis’; but they claim pre-eminence in this, that they never ‘draw’ either grouse (or herrings) before cooking. I cannot imagine this to be a good plan, except, perhaps, in the case of grouse or herrings freshly killed or caught, and as to such I have no experience. As a rule, I should recommend the good old way of roasting before a brisk fire; but a pheasant I prefer in the way Alexandre Dumas père recommends us to roast a chicken (page 9). You will not want bread sauce with it, but crumbs will be good.

Wild Duck: Teal.—Wild ducks should be roasted before a brisk fire—the widgeon 15 minutes, the American canvas-back 18; and they should be carved American fashion, namely, each breast in one slice. Most of the juice will remain in the meat then. Eschew cayenne and lemon, but have a salad of tender celery stalks, American fashion, and you will

find the modest widgeon runs the canvas-back very close. Teal are most delicate and excellent birds. Roast 14 minutes only.

Felts (Grives).—These birds are delicious cooked with juniper berries. (Can be had at Baily's, in Mount Street.) The best way is to insert a piece of butter mixed with one crushed juniper berry, and to cook the bird in an earthenware casserole.

Venison Cutlets are capital cooked in a 'chafing-dish' with butter and port wine.

CHAPTER XI.—SALADS.

SALT and oil first, thus preserving the crystals of the salt, which vinegar would melt; then pepper and vinegar (good wine vinegar, not coarse sharp stuff).

For all salads of cooked vegetables, also for salads of shell-fish, use lemon instead of vinegar; for raw vegetables, vinegar.

For potato salads, the potatoes should be fresh boiled. Eschew potatoes of the day before.

CHAPTER XII.—SWEETS.

Iced Mandarin or Tangerine Oranges.—The best chocolate only in all cases where you use chocolate. (See Chapter XIV., on Chocolate.)

Half freeze the mandarins, cut the orange horizontally and cut out the centre, fill with mandarin water-ice, and put the other half on top ; decorate with a sprig of orange with leaves, or with a sprig of myrtle, stuck into the top half.

◇ **Chocolate Meringue.**—White of two eggs, 4 oz. castor sugar, 6 oz. of the very best grated chocolate, 2 oz. baked almonds chopped fine, 3 oz. icing sugar, 1 pint double cream.

Beat the eggs very stiff, mix in the almonds, castor sugar and 2 oz. chocolate, spread on three or four rounds of paper, and bake the same as meringues. When cold, take off the paper and spread the whipped cream, in which 2 oz. of chocolate has been mixed, on each round ; pile them one on the other, and mask all over with the other 2 oz. of chocolate and the icing sugar, which has been warmed over the fire with a little water. Keep a little of the cream to ornament the top.

Fried Bananas.—Fry or grill them well, even to a brown. Powder with sugar, and pour a light liqueur over them—maraschino, ratafia, or similar.

Caramel.—One of the best and most nourishing sweets is a rich custard, steamed in a mould lined with caramel (burnt sugar), and flavoured with vanilla pod, not the essence.

Served with a cream and egg sauce, also flavoured with vanilla.

◇ **Chocolate Puffs (Profiteroles au Chocolat).**—A very light paste of flour and egg that will bake hollow. Cut the puffs in two, fill with rich, vanilla-flavoured custard, and pour firm melted chocolate over the puffs. Serve with whipped cream on a separate dish. Use the best chocolate only (see page 73).

Chocolate Wafer Cake.—Eight or ten layers of best Carlsbad wafers. Melt—but do not boil—your chocolate with a little butter, mix a portion of it with pounded filberts, and spread between the layers. Glaze the cake with the remaining chocolate. Serve with whipped cream on a separate dish.

Chocolate Cake.—Melt five cakes or tablets of chocolate with 12 oz. of butter until soft ; stir in 12 oz. of sugar, stir in gradually the yolks of nine eggs, beat

up the whites and mix with 7 oz. of bread-crumbs ; put into flat buttered tins, bake, and cool half an hour. Ice with chocolate and icing sugar.

Rode Groed (a Danish Sweet).—One quart of the juice of equal quantities of raspberries and currants (red) passed through a hair sieve, 4 oz. of German semolina, 1 oz. of isinglass, $1\frac{1}{4}$ lb. of loaf sugar. Oil a china mould and boil 10 minutes ; serve cold, with cream.

Mousseline Chocolate Sauce (for Farinaceous Puddings).—Mix in a stew-pan four yolks of eggs, 2 oz. of butter, 2 oz. of sugar, till thick, add a little potato flour and the four whites whisked stiff ; steam 20 minutes ; boil three tablets of chocolate in sirup for 2 hours, and pour over hot.

Pommes au Beurre.—Beat butter with a bit of cinnamon, make a cap on top of the apple, scoop out the centre and fill with the butter and a little sugar ; put into the oven.

Strawberries and Whipped Cream.—Pass the strawberries through a sieve, and mix up with the whipped cream.

Gâteau Marquise : Marquise Cake.—Three layers of sponge cake, put into the oven and baked

hard, cut into round shapes about 2 inches in diameter. Layers of chocolate cream between and on top, and all around. Burnt almonds, pistaches, etc., stuck all over the cake.

Soufflé of Mandarins and Bananas.—Made of mandarin juice and finely-scraped bananas.

Gâteau Mars.—This is a cheesecake, with a meringue on top.

Ices.—I strongly recommend you to make your own. A freezer only costs 11s. 6d., and it will soon pay for itself. You will thus have better flavoured ices, and you will be sure not to be poisoned.

CHAPTER XIII.—SAVOURIES.

THESE are intended to clean the palate after the sweet dish or dishes. A rich mess of a variety of things, such as we frequently meet with, only clogs the palate again; and, as I value my digestion, I prefer my savoury in a simple shape, to wit, a Finnan haddock on thin toast, or a kipper, and I even run to marrow-bones, piping hot, or a Welsh rabbit cooked absolutely soft in beer. But no rich messes, if you please. Caviare is often served as a savoury, but I prefer it as a *hors-d'œuvre* before the meal, and then only as fresh as possible. No caviare under 18s. to 20s. the pound is fit for the table.*

◇ **Macaroni Cheese.**—This is a most excellent dish. 2 oz. macaroni, 2 oz. grated cheese, two tomatoes, a little meat stock, red pepper, and salt. Boil the macaroni in the stock until soft, put a layer in a dish, then slices of tomato, then cheese, and pepper and salt in successive layers until the dish is full; put a thick layer of cheese on the top with little pieces of butter; bake in a moderate oven until the top is crisp and brown.

* The best at Benoist's, 36 Piccadilly, or at the Russian Stores, Regent Place.

CHAPTER XIV.—BREAKFAST.

Bread ; Toast.—Theodore Child says : ‘ On the Continent, from Brest to Vienna, you get good bread, sweet in flavour, light, properly cooked and grateful to the stomach. In England, sour, indigestible. . . .’ I will not quote Mr. Child further than this, but I advise you to try properly made toast. I do not mean the ordinary piece of sodden bread a quarter or three-eighths of an inch thick, simply browned on both sides, lying like a lump in your stomach, but a slice a sixteenth of an inch thick, or thinner, thoroughly toasted through and well dried. It is all crust, or it should be.

Stale bread is best for the purpose.

Tea, if allowed to stand for 5 minutes, develops tannin, which we know to be most injurious. Make your tea in an earthenware pot, and, after 1 to 2 minutes’ drawing, strain off (no leaves, please) into the pot it is to be served in. If it has drawn longer than said above, add a pinch of bicarbonate of soda.

Coffee.—Use the best quality only. If you cannot manage to roast your own beans every day, pro-

cure freshly roasted, but be sure to grind them in your own kitchen just before preparing the coffee for use. By roasting your own beans you will avoid having an inferior, and possibly an adulterated, article palmed off on you; you will also secure most of the aroma, which, in the ground state, is quickly lost to an appreciable extent. Do not attempt to boil your coffee, or to invest in this or that patent machine; none of these are equal to an earthenware percolator. Place in this the freshly-ground coffee, $1\frac{1}{2}$ dessert-spoonful for one small cup of after-dinner coffee (or for a large cup for breakfast); pat it down lightly, put a strainer over it, and gently pour through it the *boiling* water. If you be allowed to indulge in this after luncheon and dinner—mind, without cream—you will, for breakfast, add twice the quantity of hot milk or water.

Chocolate.—You cannot possibly get a good article fit for your table at 2s. or 3s. per lb. As a rule, it is far from being unadulterated with rice-flour, sugar, etc. Better pay a high price for the chocolate, and do without the rice-flour.

I use French *surfin mi-vanille*, costing $10\frac{1}{2}$ francs the kilo of $2\frac{1}{5}$ lb. (about 4s. 6d. per lb.), and I fancy equally good can be obtained elsewhere, but not for much less money. As a beverage I prefer it prepared with water only. Pour very little hot water into the

grated chocolate until well mixed, or, better still, pound it with a wooden pestle, and mix in warm water before boiling, then go on pouring water gradually, and finally let it simmer a while. You whisk it to a froth in the cup if you like, or add a spoonful of whipped cream.

AN APPEAL.

‘A true cook is an artist.’—*T. Child.*

THERE are many ladies, young ladies chiefly, laudably anxious to do something. Even if not compelled to earn their own living, there are thousands of them studying Art in its various forms, producing possibly a few hundred mediocre artists, wasting their money and that of the taxpayers.

Dear ladies, you who labour so diligently with your brush at South Kensington or at other Colleges of Art, might I suggest to those of you who are not compelled to earn your own living, that a tithe of the precious time you devote to the study of art—to, let us say, the fitting of your dresses, or to the harmonious decoration of your rooms—would help you to some sort of insight into that most necessary and most delightful art, namely, that of Cookery. Naturally, you will not be content to be the slaves of your dressmakers, or of your upholsterers; why then be the slaves of your cooks? I beseech you, be their masters in the best sense of that word. No cook, not the best of chefs, can be complete without the intelligent head of the house. Make him or her work

with you on your own lines, and I am sure you will find, after a time, that your wishes will be carried out. Cookery, like any other art, cannot be taught. It is only the great principles developed by the experience of ages that can be communicated to the learner ; and, with these as a compass to steer by, every one who loves the art will be able to sail his ship with pleasure to himself, and greater pleasure to his guests. I speak feelingly, because, having known, as Thackeray says, the mahoganies of many men, I have found very few of them loaded with *properly* cooked fare.

And now, having appealed to the ladies, let me appeal to you, my brother artists, the chefs, both male and female. No one is so necessary to you, to make you complete in your art, as the head of the house. Yours is the experience of the kitchen, theirs that of the dinner-table, not only in their own house but in that of their friends. They have opportunities, not possessed by you, of comparing and theorising ; they travel more or less, and often bring home valuable notes made in foreign lands. They may not, many of them, possess that thorough practical knowledge that is yours ; but most of them possess a palate as good as yours and brains as good as yours. Given these two conditions, why should they not be deemed by you worthy of passing judgment upon your work ? They are your public. Actors or

painters or sculptors have to be in touch with and please their public, whether they approve of the taste of their audience or not. So, why should not you? If both you and your masters possess a true love of the art, you will pull together, and the result, I am sure, will be a good one, if you have worked on sound and simple lines.

CONCLUSION.

THIS little work is not intended for the use of cooks only. On the contrary, I mean it to be a guide to the head of the house, and to help him or her to control and direct the cook. There is no doubt in my mind that the present day education of the professional cook is absolutely in the wrong direction—teaching him, not the essence of his work, the cooking, but the fringe of it, the decoration. I was very much amused the other day seeing in a capital little monthly, *L'Art Culinaire*, a leader hotly attacking the profession for devoting too much attention to show dishes, *pièces montées*, and to over-worried dishes, *des pièces trop travaillées*, and then on the very next page, lo and behold ! there is a rigmarole gravely discussing the purity of style of a Renaissance fountain * in sugar, with a pond around it of green jelly, and a fish artistically modelled from life in 'modelling-fat' and painted ditto by the culinary artist. Heavens alive, what are we coming to !

Really, messieurs the cooks, I would sooner see

* Both this and the fish illustrated lavishly by woodcuts.

you wearing swords, as you did in Vatel's time, if you would only leave their profession to the painters and sculptors, give your undivided attention to your own business, that of cooking, and

SERVE HOT, VERY HOT.

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